

Stop!

Did you remember to wash your hands?



Tips for H1N1 Prevention

- Wash your hands often with soap and water or an alcohol based cleanser with 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.
- Clean your hands after coughing or sneezing.
- Wash your hands before eating, or touching your eyes, nose or mouth.
- Wash your hands after touching anyone else who is sneezing, coughing, blowing their nose, or whose nose is running.
- Don't share food, utensils or beverage containers with others.
- Do not rub eyes, touch nose or mouth.
- Throw out used tissues in the trash as soon as you can.

Information pulled from www.cdc.gov

